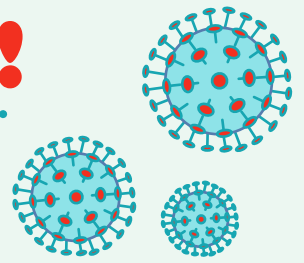


It's Flu Season!

Don't give the flu a chance
to infect you!



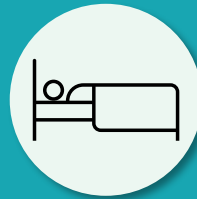
Flu season starts in October and peaks in February. Influenza (flu) is a contagious, airborne transmitted, respiratory virus that infects the nose, throat, and lungs. It can cause mild to severe illness, pneumonia, and though rare, can lead to death. Symptoms may last over two weeks and can include:



Fever / chills



Body aches



Fatigue



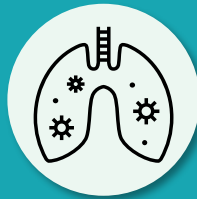
Headache



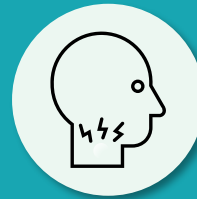
Congestion



Cough



Breathing issues



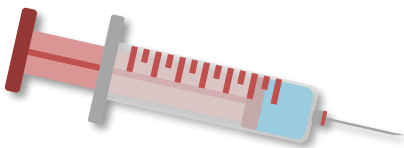
Sore throat



Vomiting / Diarrhea



Preventing The Flu



Get Vaccinated

Getting the annual Flu vaccine is the first and most important step in protecting yourself and others from the flu.



Practice Good Hygiene

Wash your hands often with soap and water. Carry and use hand sanitizer. Avoid touching your eyes, nose and mouth.



Decontaminate

Use appropriate products to clean and disinfect frequently used surfaces and objects that may be contaminated with the flu and other germs.